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Bangalore Mirror

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SHELL COMPANY

What's in a coco shell?

PAGE 4

WHAT'S UP?

Medical waste at lake

PAGE 5

Of 12 rivers monitored in state, 9 found to have stretches with poor water quality categorised in class D

ONCE UPON A RIVER...

Total coliform bacteria at 2,80,000 MPN/100 ml

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TWEETS @BangaloreMIRROR

Blame it on rapid population growth, immense pressure from urbanisation, or inaction of authorities concerned, rivers of Karnataka are suffering. According to a recent water quality analysis of 12 rivers in the state, nine were found to have stretches with poor water quality (class D).

The 12 rivers monitored under the central government's National Water Monitoring Programme (NWMP) include Arkavathi, Lakshmantirtha, Tungabhadra, Bhadra, Cauvery, Kabini, Kagina, Krishna, Shimsha, Bhima, Netravati and Tunga.

Under the programme, the water quality of these rivers is monitored at 38 locations. Out of these, 19 locations recorded water quality under class D – suitable for only propagation of wildlife and fisheries. These locations include all five monitoring stations of Arkavathi and Lakshmitirtha, two stations of Tungabhadra, one station of Cauvery, both stations each of

CONTINUED ON PAGE 4 »

ISMAIL NIYAX/UNSPLASH

"Unless regulatory authorities are vigilant, waterbodies will continue to receive pollutants

— Dr TV Ramachandra, Centre for Ecological Sciences, IISc

Trash up in flames

Waste burning continues to plague RR Nagar as civic body fails to put out fires

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The residents of Raja Rajeshwari Nagar, environmentalists, and volunteers have been struggling to cope with the burning of waste in open places at different locations in the area.

They have been appealing and demanding the Bruhat Bengaluru Mahanagara Palike (BBMP) find a solution to garbage burning woes permanently but the problem has been persistent.

Residents, environmentalists and volunteers have joined hands with the BBMP solid waste management wing to end the menace but they have not been successful in their attempts so far.

On Tuesday morning, Veena Rajanna, a resident, was shocked to see two youths, who came on a bike, attempting to set garbage afire in BEML Layout.

"I attempted to nab the youth but in vain. I informed the BBMP junior health inspector who assured me to visit the spot and take measures to prevent the burning of waste. I will also keep a vigil on those who set garbage on fire," said Veena Rajanna.

Stating that the BBMP authorities should ensure vacant sites are cleaned and fenced to prevent people from dumping garbage, Veena said: "The vacant sites have become a destination for dumping trash. I want the BBMP to assign marshals to nab those

CONTINUED ON PAGE 8 »

3 THINGS TO DO

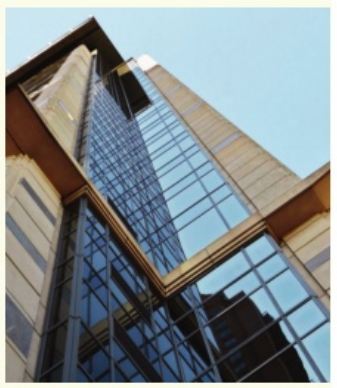
01 Fancy goods

The Grand Rajasthani Exhibition is back in town with the latest collection of artistic goodies. The exhibition-cum sale has been organised by Maaruthi Enterprises. You can explore a range of handicrafts, including Odisha tie and dye, handlooms, jewellery, carpets, jutis, marble crafts, Odisha Pattachitra painting, Madhubani paintings, and more. **Where: Banashankari Mahila Samaja, 45, 30th Main, near South Indian Bank, opp D-Mart Devegowda Petrol Pump, Banashankari 3rd Stage**
When: until January 20; 10am to 9 pm

02 Musical exchange

Indian Music Experience is hosting the second edition of the International Rhythm Course Residency in collaboration with the HKU University of Art Utrecht (Netherlands). The event is designed to allow knowledge sharing and cultural exchange with respect to music for both international and local musicians. It consists of workshops, lectures, musical collaborations, and participation in local cultural practices.
Where: Indian Music Experience Museum, JP Nagar 7th phase; When: January 13; 6 pm onwards

03 Talk on infra



The Environment Support Group (ESG) is organising a one-day workshop on urban infrastructure in a changing climate at its office. Join in to learn about the legal provisions that govern the mega-infrastructure in cities and explore the interplay between climate change and urban-infrastructure projects through a screening of 'Our Metropolis', a movie by Gautam Sonti and Usha Rao. Also, get the chance to discuss Namma Metro.
Register: https://forms.gle/3Hx1ActxHJ4KHNr76
Where: ESG, 1572, Banashankari II Stage
When: January 20

Festive ready

Men stocking sugarcane for the festival of Makar Sankranti in KR Market

PIC: KAUSHIK JN

Mind on the move: Beat the hurdle to attention

Number of students seeking counselling increases by 65%; most common pain points that students have reached out to address are their inability to concentrate, reveals study

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Approximately 35 per cent of students expressed feelings of self-doubt or failure

Students often seek counsel for a variety of issues, ranging from academic challenges to personal struggles. There have been a considerable number of students coming forward seeking counselling. According to a study, in the last year, between January and December 2023, there was a 65% increase in the number of students seeking counselling in the age bracket of 14–20 years.

According to Peakmind's Observation, a digital mental health and wellbeing platform exclusively dedicated to students, parents, and teachers in providing a holistic solution to students in navigating the psychological challenges, the most common pain points that students have reached out to address are their inability to concentrate in studies. Other issues include academic distress caused by performance pressure and test anxiety, fear of failure, lack of motivation, disturbed sleep, recurring negative thoughts and self-doubts, low energy followed by relationship issues, and general anxiety about their future.

The major reason behind their inability to concentrate is their digital and social media addiction and the lack of effective guidance that's the need of the hour. Additionally, covid has adversely impacted the social and emotional capabilities of students. The observation took into account the data collected from January to December 2023. The number of students involved in the study was approximately 100,000. And the method of survey conducted was online within the Exam Aspirants Community, with collaboration from institutes like Aakash Institute (Bengaluru), Shri Chaitanya, the National Cricket Academy, and others.

Approximately 35% of students expressed feelings of self-doubt or failure, and around 40% of students experience difficulties falling or staying asleep. Over 27% of students struggle to control or stop worrying.

Neeraj Kumar, CEO of Peakmind, said, "Implementing impactful initiatives that empower students to proactively cultivate skills in study planning, productivity, resilience, and well-being is crucial. These programmes aim to alleviate and manage the stress of competition and academic backlogs. Additionally, establishing a secure and accessible digital counselling platform ensures that every student can seek timely counselling without encountering any stigma."

Dr Sushma Gopalan, Consultant Child Life Services and Child Psychologist at Aster CMI Hospital, revealed that she has also been seeing cases of challenges in the management of attention, concentration, social and emotional behaviour, and regulation in the same age group. "The issues range from anxiety, depression, decreased conference, self-esteem and self-worth, peer pressure, bullying, abuse, lack of sleep, poor appetite, loss of interest, general negativism, easy fatigability, body image issues, and poor family dynamics are some of the issues observed."

> **"Implementing initiatives that empower students to proactively cultivate skills in study planning is crucial** –Neeraj Kumar

Speaking on the treatment aspect, Dr Gopalan said, "Strong family foundations and dynamics where effective communication and comprehension are established can help. Seeking help when there is a noticeable change in a child's behaviour. Listening to the spoken and unspoken fears and anxiety the child is experiencing in a psychologically safe space. Acknowledging the feelings. Differentiating between real and perceived fears. Focusing on addressable issues under the child's control and bringing focus back to the task at hand are some of the measures."

Over 5,900 licences revoked in B'luru as fatal accidents spike

Traffic authorities take decisive action to enhance road safety, with thousands facing licence suspensions for violations

A total of 5,965 drivers have had their licences revoked in Bengaluru's Urban and Rural districts for their involvement in fatal accidents. According to the latest statistics, 2,198 licences were suspended in 2022-23, 1,417 in 2020-21, and 2,350 in 2021-22. The fatal accidents in Bengaluru have increased in 2022-23 compared to the last two years. During 2022-23; 752 accidents as against 621 in 2021-22 and 621 in 2020-21. Overall, Karnataka recorded a total of 10,633 accidents in 2022-23.

Meanwhile, Bengaluru Traffic Police said that in 2003, a total of 2,974 driving licences (DL) were impounded and sent to jurisdictional Regional Transport Offices (RTO) for suspension in Bengaluru City. Out of this, 711 DLs have already been suspended and the remaining 2,263 DLs are being processed for suspension by the concerned RTOs following due procedures.

A senior police official explained that licence suspensions are advocated for cases of recurring traffic violations or instances of drunken driving, according to statistics provided by the transport department.

The traffic department, operating through 12 RTOs, forwards its recommendations for license suspensions.

However, the ultimate authority to grant or revoke licences rests with the transport department. Interestingly, the traffic department's recommendations for licence suspensions extend beyond individuals caught driving. Records show actions taken against those enabling underage driving, often holding parents accountable.

The recommended suspension duration, typically three to six months, aims to enhance road safety, instil traffic discipline, and caution errant drivers.

The duration of licence suspension, according to a police official, typically spans from three to six months. This measure has been implemented to serve multiple purposes, including enhancing road safety, instilling traffic discipline, and creating a sense of caution among errant drivers.

"Under this system, those suspended licences are prohibited from operating vehicles for a specified period. The exact duration of the suspension can range from three to six months,

The recommended suspension duration, typically three to six months, aims to enhance road safety, instil traffic discipline, and caution errant drivers

depending on the specific circumstances of the violation. If individuals disregard this suspension and are caught driving during this period, they may find themselves facing penalties of up to Rs 5,000.

Additionally, their vehicles could be subject to impoundment under the provisions of the Motor Vehicles Act. In more serious cases, individuals may even be subjected to criminal charges for engaging in reckless and negligent driving without a valid licence. Such legal action falls under the purview of the Indian Penal Code," an official said.

The official further added that once the suspension period comes to an end, offenders can regain their driving privileges. "However, for those involved in cases of drunken driving, there is an additional requirement. They must undergo a vehicle fitness examination, which is administered by officials from the RTOs.

Following this examination, they are obliged to participate in a driving test, which necessitates the payment of applicable fees.

Successfully passing this test allows them to have their driving privileges reinstated. However, if they fail the test, the authorities may take the step of revoking their licences," said an official.

BMB

Police officer's family accused of assault

Deputy Superintendent of Police (DySP) Shantha Kumar and his family are facing charges of assaulting and threatening a woman, Vidya, who resides in the Police Quarters building in Adugodi.

According to the FIR filed at Adugodi Police Station, Shantha Kumar's wife, Lakshmikanta, and their sons, Mahesh and Sayikumar, allegedly attacked Vidya while she was instructing a worker to clean the area in front of the building on January 7.

Lakshmikanta verbally abused Vidya, instructing her not to have the worker clean near their residence. Subsequently, Mahesh and Sayikumar physically assaulted and threatened Vidya, even assaulting another resident who tried to intervene. An FIR has been lodged, citing charges under IPC sections 354, 506, 504, and others.

Karnataka Rakshana Vedike president in custody again

TA Narayana Gowda, the president of Karnataka Rakshana Vedike (KRV), was taken into custody by KS Layout police shortly after being granted bail on January 9. Additional police personnel were positioned at the prison gate to oversee KRV supporters who had assembled to welcome their leader.

The arrest was linked to a 2017 case where Gowda got a non-bailable warrant (NBW).

Despite the submission of a charge sheet, the issuance of an NBW occurred due to his irregular court attendance. Kumar, the advocate representing Gowda, alleged a conspiracy to detain their leader and stated that they would seek his immediate release.

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‘Shell company’ with a sustainable twist

Solid waste management entity finally awards work order to agency to build city’s largest coconut shell processing facility with newest technology

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Over a year after Bangalore Solid Waste Management Limited (BSWML) came up with a novel idea to utilise leftover tender coconut shells and convert them into marketable products, there is finally some movement on the project. A work order has been awarded to an agency to construct the largest coconut shell processing facility in the city.

BSWML proposed the construction of a 200 TPD capacity coconut shell processing unit at the cost of Rs 8.7 crore in 2022. The unit would use tender coconut shells and shred, squeeze, pulverise, and process them to form three products — organic liquid, cocopeat and pellets. The agency was expected to run on the Public-Private Partnership (PPP) model and revenue-sharing model.

“We had called a tender and a work order has been issued to GVR Construction. The agency would be responsible for constructing the basic civil infrastructure. We might call another tender for establishing the equipment. Ideally, the operating agency is required to bring in the required equipment but as this is a new technology, we will provide assistance” said a senior BSWML official.

BSWML awarded the work order to GVR Construction for the cost of Rs 12 crore as part of a package work order. It’s estimated that the construction of the facility alone is going to cost around Rs 1-2 crore. However, an adequate site has not been identified yet. “To establish the facility, we need at least half an acre of land. We are still looking at possible sites. We have looked at sites in Dasarahalli, Srinivas Pura,” said an official.

A decision regarding the revenue-sharing model has not been take yet. “We have another facility in Gandhinagar but this one is expected to be technology adept. We will be providing raw materials, land and the shed. Another tender would be called for the required technological equipment to make this venture successful. We want to use the best technology possible, due to which it could be a very profitable venture, and we would expect the agency to share revenue. However, we haven’t decided on the revenue sharing. Due to the newness of technology, we will wait for proposals from agencies for the revenue-sharing model. We would also be willing to provide viability gap funding if required,” he added.

This is not the first unit in Bengaluru but this would be the most advanced, and the biggest facility

This is not the first unit in Bengaluru but this would be the most advanced, and the biggest facility. There are smaller units in Gandhinagar, Mahadevapura, and KR Puram but they haven’t been as profitable as per BSWML expectations.

Deep river blues: State of state’s rivers

CONTINUED FROM PAGE 1

Kabini and Kagina, all three stations of Shimsha, two stations of Bhima and both stations of Tunga rivers.

The water quality report released by the Karnataka State Pollution Control Board (KSPCB) for November 2023 showed that the biological oxygen demand of some of these stretches is as high as 8, the fecal coliform levels at some stations have reached 2,60,000 MPN/100 ML and total coliform bacteria has increased to 2,80,000 MPN/100 ml.

As per the Central Pollution Control Board’s (CPCB) standards, the permissible level of fecal coliform bacteria in waterbodies considered suitable for bathing, contact water sports, and commercial fisheries is 100 MPN/100 ml. Similarly, in waterbodies suitable only for industrial cooling, aesthetic purposes, navigation, and controlled waste disposal, the permissible level of fecal coliform bacteria is 500 MPN/100 ml.

Ecologists BM spoke to said while it is important to keep a tab on the water quality of waterbodies and monitoring is an essential component of a regulatory mechanism, it has to be accompanied by penalising the polluters and bringing down pollution sources.

“Once the values have been monitored, it has to be followed up with steps to reduce pollution. Identifying the culprits and taking action against them is equally important. Moreover, considering the river network in the state, the number of monitoring stations and parameters being evaluated under NWMP are inadequate. Contamination of rivers is not just from untreated sewage but also from industries and agricultural runoff. These sources will add heavy metals; the current method does not include parameters that can indicate pollution from such sources. Similarly, the number of monitoring stations should be decided scientifically, based on sources of contamination and level of contamination, which is not being followed,” said Dr TV Ramachandra, Centre for Ecological Sciences, Indian Institute of Science (IISc). The KSPCB tests four parameters - dissolved oxygen (DO) level, biochemical oxygen demand, total coliform, and fecal coliform levels - to deduce the water quality of the rivers. Experts highlighted that the regulatory mechanism is equally weak.

“While the number of industries along these river stretches has gone up, cities are discharging untreated sewage. For instance, Bangalore Water Supply and Sewerage Board (BWSSB) has failed to treat sewage generated by the city despite ensuring the National Green Tribunal that raw sewage will be treated effectively. Unless regulatory authorities are vigilant, waterbodies will continue to receive pollutants. KSPCB is not performing its duty as per the mandate. Even the sample collection protocols are not being followed,” added Dr Ramachandra.

K’taka Governor tests positive for Covid-19

Karnataka Governor Thawar Chand Gehlot tested positive for Covid-19 on Tuesday in Bengaluru. In a press note, the Governor’s office said, “Hon’ble Governor of Karnataka has tested positive for Corona. He is being continuously monitored and his health is stable. Presently, he is being quarantined at residence. The scheduled programmes/appointments stand cancelled till further intimation”

On Tuesday 252 Covid-19 positive cases were reported in the state. The total active cases are now 1031. Two Covid-19 deaths were reported. A 56-year-old male with Severe Acute Respiratory Infections (SARI), and had symptoms of fever, breathlessness, and cough along with comorbidities like hypertension, and diabetes mellitus.

The patient was admitted on December 31 but passed away on January 7. In another case, a 50-year-old female from Ballari with an Influenza-Like Illness (ILI), had a fever. This patient also had comorbidities that included hypertension and diabetes mellitus and the patient died at the residence. — BMB

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Damaged footpath
Benniganahalli

Residents of Benniganahalli request the authorities to repair the footpath near the FoB stretch.

Unswept streets
Jayanagar

The sweeping of 5th Main Road in 4th Block, Jayanagar (Ward No. 168) has been neglected for more than a month, and despite filing a complaint on Sahaya, no assistance has been provided.

Vendor chaos
Rajaji Nagar

Street vendors block Dr Rajkumar Road, causing overcrowding and unhygienic conditions, attracting stray dogs, rats, snakes, and other reptiles. BBMP and local police haven’t addressed the issue.

B'luru CEO allegedly kills son, travels with body in bag

CRIME FILES

The CEO of a Bengaluru-based AI company -- arrested for allegedly murdering her four-year-old son at a service apartment in the coastal state -- has been remanded to six days police custody, police said. Superintendent of Police (North Goa) Nidhin Valsan said that so far the motive of the crime is not known.

The accused was identified as Suchana Seth (39) from Bengaluru. She was arrested on Monday from Chitradurga, while she was heading to Bengaluru in a cab. "After reaching Goa she was produced in the local court, who sent her to six days police custody," police said.

Valsan said the accused hails from West Bengal and lives in Bengaluru, while she is married to a Keralite. "Her husband is presently in Indonesia. We have informed him about the incident," Valsan said.

"She has told us that they were undergoing divorce proceedings. We have to verify this," Valsan said.

Police said she had checked into a service apartment in Goa on Sunday with her son and left for Bengaluru on Monday early morning after committing crime in the room.

Police said the incident came to light after house-keeping staff went to clean the apartment on Monday and noticed some bloodstains.

"After getting a complaint from hotel staff, we tried to contact the cab driver, who was hired by the hotel on her request to proceed to Bengaluru. When we asked the woman about her son, she said that he is in South Goa at a friend's house. But when we verified the address, it was found to be fake. Then we told the cab driver to take her to the nearest police station," an officer said.

Woman was nabbed while on her way to Bengaluru from Goa; 'estranged relationship with husband may be motive for murder'

Valsan said the body of her son was found in luggage, which was checked by police in Karnataka.

Police said 'estranged relationship' with her husband could be a motive of murder.

Gambling den busted

The Central Crime Branch (CCB) police apprehended six persons engaged in illicit gambling at an apartment within the JJ Nagar Police Station limits. Over Rs 1 lakh in betting funds and Rs 86 lakh in unaccounted cash was seized.

Police Commissioner B Dayananda said the CCB police had dismantled the gang, but the flat owner, implicated in the case, was absent during the raid.

It was revealed that the flat owner had previously reported a gold theft on the City Market flyover three months earlier. Subsequent investigations exposed that the man had orchestrated the robbery and filed a false complaint.

Illicit sex trade

Police took down two groups engaged in illicit sex trading activities. While one of the rings was operating out of a spa in Mahadevapura, the other gang used to force foreign national women into the sex trade at private hotels within the Halasuru and Baiyappanahalli Police Station limits. Nine people have been detained. **BMB & Agencies**

Gloves off at Hosakerehalli Lake

Who dunnit? Used syringes, meds past expiry dates, urine and blood samples dumped near lake

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Medicines, syringes, gloves at Hosakerehalli Lake

Residents living around Hosakerehalli Lake in Rajarajeshwari Nagar are accustomed to spotting household waste and untreated sewage entering the water body. But, they were in for a shock on Tuesday morning when they discovered a considerable amount of bio-medical waste dumped inside and around the lake.

Used syringes, expired medicines, cast-off gloves with blood stains, urine and blood samples, and hospital bills were only some of the bio-medical waste items discarded not just within the lake and its boundary, but also on the road adjacent to it.

"We got a call on Tuesday from another resident and when we reached the spot, we found a lot of medical waste strewn around. We are not sure when this hazardous waste was dumped, but the scene was hair-rising," said Rachna Ravi Kiran, a resident of the area.

Locals immediately contacted officials from Solid Waste Management (SWM) of Bruhat Bengaluru Mahanagara Palike (BBMP).

"We spoke to official in the area. They told us that when they went through the waste, they discovered a bill from a private laboratory in the area. But, when officials contacted the laboratory staff, they denied it. The BBMP officials also noted that most of the medicines in the trash are those found in government hospitals. There are a couple of government hospitals in the area," alleged another resident on the spot.

As per the Bio-medical Waste Management Rules, 2016 by the Ministry of Environment, Forest and Climate Change (MOEF&CC), the liability for implementation lies with the occupiers or the persons having administrative control over the healthcare facilities and they would be held liable for any harm that may occur to the environment or people due to improper handling of the waste generated from the facility. It applies to all persons who generate, collect, receive, store, transport, treat, dispose, or handle bio-medical waste in any form.

According to a recent report on the management of biomedical waste by the Central Pollution Control Board (CPCB), Karnataka is the only state in southern India that is not tending to all biomedical waste being generated daily. The state faces a massive gap between the generation and treatment and disposal of this hazardous waste. As per the report, while 77,639 kilograms of BMW is being generated in Karnataka daily, only 48,096 kg is being treated and disposed of scientifically, leaving behind nearly 40% of this waste unattended.

"We are already facing health scares due to bad state of the lake. This act puts citizens in more danger
–Rachana Ravi, resident of area

No implementation

Experts say although BMW management rules are stringent, implementation is lacking. The regulatory agency responsible for conducting a gap analysis concerning the generation of BMW and available treatment capacity is the Karnataka State Pollution Control Board (KSPCB). Such incidents only highlight that the board has failed to deliver the mandates set by the Central Pollution Control Board.

"We are already facing a lot of health scares owing to the bad state of the lake. An irresponsible act such as this will put citizens in more danger. The lake is frequented by many animals including cattle. Strict action should be taken against the violators," added Ravi.

Hosakerehalli rejuvenation work still in limbo

The 53-acre water body has been ailing with multiple issues for long. After many complaints raised by the residents about the state of the lake, while BBMP began rejuvenation of the water body in May last year, the work came to a screeching halt immediately after due to the arrival of monsoon.

Officials had then informed residents that development work would be taken up soon after. However, the civic agency has not moved an inch since then. Locals say the lake has been abandoned and thus has turned into a garbage dumping ground. To add to that, untreated sewage is being diverted from a nearby residential apartment complex too.

Residents have also been complaining about the foul smell and intensified mosquito menace in the area.

When BM tried to reach out to the official concerned from BBMP's Lake Department, they remained unavailable for comments.

IN BRIEF

Man lets child take the wheels, pays fine

The traffic police booked a man for letting his young son drive his car. A video showing a young child purportedly steering an SUV on a busy Bengaluru road was widely circulated on X, sparking outrage.

Seated on a man's lap, the child seems to be in control of the vehicle. Sagay Raj P shared the video on X, alerting Bengaluru City Police and the Joint Commissioner of Police (Traffic) about the traffic violation near MG Road Metro station. The social media reactions varied, with some defending the man's actions, while others expressing concern.

While many said that the man might be teaching his son how to drive, others argued that a busy road like MG Road should not be used for giving driving lessons.

The police later traced the vehicle, took necessary actions for the violation, and announced the fine amount paid by the car owner, sharing a blurred photo of the driver. **BMB**

Metro: Platform screen doors yes, railings no

Despite three incidents of commuters jumping onto the electrified metro tracks, with one being reported as a suicide attempt, the Bangalore Metro Rail Corporation Limited (BMRCL) has no immediate plans to install steel railings as a safety measure, said a spokesperson.

However, the BMRCL will be introducing platform screen doors (PSD) in a handful of upcoming metro stations. PSD helps in curbing dangerous incidents like passengers falling onto the tracks by reducing the chances of their ability to lean over the platform edge or move around beyond the areas designated for passengers to wait prior to the arrival of trains. BMRCL has put out tenders for the installation of PSD on the underground corridor (Reach-6) of Phase-2. **BMB**

R-Day: No K'taka tableau this time

Concepts for K'taka's tableaux face rejection from participating in R-Day parade at New Delhi; Centre expresses desire to provide opportunities to other states: official

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This year, Karnataka faced an unexpected setback in its longstanding tradition of participating in the Republic Day parade, as the state's tableaux concepts were rejected. For the past 14 occasions, Karnataka has been a consistent participant, showcasing its vibrant culture and heritage. However, the 15th attempt turned out to be unlucky, with sources indicating that the Centre's selection committee dismissed the state's proposal this time.

An official from the state government revealed that four unique concepts were presented to the Centre for consideration. These concepts included Brand Bengaluru, Nalwadi Krishnaraja Wadiyar, Kempegowda International Terminal (2), and Bengaluru's Annamma Devi temple. Unfortunately, the Centre turned down all four proposals, expressing a desire to provide opportunities to other states and diversify the representation on the grand stage of the Republic Day parade.

Despite Karnataka's tableau earning numerous prizes in the past for its creativity and cultural richness, the rejection this year raised eyebrows and left many questioning the criteria for selection.

In a recent TV interview, Telangana CM Revanth Reddy provided insights into the selection process, revealing how Telangana managed to secure the coveted opportunity, outperforming Karnataka. Initially, both Telangana and Karnataka faced rejection from the Centre. In response, both states pitched their proposals once again. However, when the revised proposals were submitted, the Centre chose Telangana, leaving Karnataka on the sidelines.

Karnataka showcased the Nari Shakti concept on Republic Day 2023 in New Delhi

This rejection marks a departure from the norm for Karnataka, as the state had faced a similar situation last year. During that episode, Karnataka's tableau was initially rejected by the Centre, triggering a political slugfest. The then Chief Minister, Basavaraj Bommai, had to step in, engaging in talks with the Centre to secure permission just 10 days before the Republic Day event.

"Now, with Congress taking the reins in Karnataka, the rejection of the state's tableau adds another layer to the political contest," said an official.

Meanwhile, CM Siddaramaiah said, "The fact that the Congress government is in power in the state seems to be a concerning factor for the BJP-led Central Government. It is not too late yet; the Central Government should immediately correct its mistake and rectify the injustice done to Karnataka by allowing us to participate in the tableau presentation at the prestigious Republic Day parade."

> **"The fact that the Congress govt is in power in the state seems to be a concerning factor for the Centre** –CM Siddaramaiah

IN BRIEF

'It's time to save Kunigal Stud Farm'

In a recent development reported by Bangalore Mirror, a proposal to develop a township at the renowned Kunigal Stud Farm, believed to be the largest in the country, has raised concerns among locals. The decision to cease horse breeding operations at this historic farm, which has consistently produced champion horses, has ignited a passionate campaign led by local residents, who are now coming forward to protest on January 17.

According to the locals, scheduled for January 17, a massive protest is planned, with locals and activists from Bengaluru joining forces to save the farm.

Environmentalist Vijay Nishanth, said, "This farm must be maintained as a heritage site, representing the essence of Kunigal and Karnataka. The government can consider developing townships elsewhere." He disclosed that 10 different organisations would come forward to support the cause. "Many animals lovers in the city have also shown solidarity with the cause. We will all join hands and protest to save the farm," he said.

The historical significance of the farm traces back to the era of Mysore ruler Tipu Sultan, who used it for breeding horses for his cavalry during the British colonial period. The farm's renowned stock breed has gained acclaim not only in India but also internationally.

Expressing his deep connection to the farm, Kunigal resident Naganna GK, who has lived in the area for 39 years, said, "We oppose any plans for turning it into a township or using it for other purposes." —Iffath Fathima

BM Education

CAMPUS NOTES

Cracks in road to higher education

If you think only roads managed by BBMP are bad, then you may have to visit a few prestigious colleges where internal roads may be equally bad, if not worse.

Jyoti Kumar, a college student, said, "The state-of-the-art academic facilities on a college campus stand in contrast to the horrendous conditions of the road leading to them.

Colleges charge extremely high fees for the facilities they provide; however, the roads on college campuses are in a state just like most Indian roads. The colleges generally advertise their modern libraries, cutting-edge research centres, incubation labs, and advanced laboratories, but the roads that lead to these infrastructures are in a poor state."

Kumar added that the roads are full of potholes and poorly maintained. It has become a daily challenge for students and staff to navigate through these roads inside college campuses.

Many say that poor infrastructure will not only hamper a student's morale but also reflect poorly on the institution's commitment to development.

Aditya D, another student, added, "The current state of the roads within our campus is a matter of growing concern, as it hampers the smooth movement of both pedestrians and vehicles. In particular, the road sections adjacent to our canteens display unmistakable signs of wear and tear, demanding swift remediation. We respectfully urge the implementation of comprehensive solutions to restore these pathways, enhancing safety and convenience."

The students see this harsh reality only after taking admission into the college and are left with no choice. During the rainy season, the roads are filled with water and become extremely difficult to navigate through. There is also additional damage that happens to the vehicles due to these poorly maintained roads.

—Sanjana Rao

NEET-PG exams postponed to July

The National Board of Examinations in Medical Sciences has announced the rescheduling of the NEET-PG 2024 examination to July 7 this year, superseding the previous notification of March 3. In response to the NMC letter dated January 3, 2024, the decision to reschedule the examination was made, with the cut-off date for eligibility set at August 15.

According to the recently introduced 'Post-Graduate Medical Education Regulations, 2023', the existing NEET-PG examination will persist until the proposed National Exit Test (NExT) becomes operational for PG admission. The NEET-PG serves as the eligibility-cum-ranking examination for admission to various MD/MS and PG diploma courses under the National Medical Commission Act, 2019.

Simultaneously, the National Medical Commission has taken a pioneering step by introducing post-doctoral fellowship courses in medical colleges under its regulation. Dr Vijay Oza, President of the Post-Graduate Medical Education Board of the NMC, emphasised that these changes are part of the NMC's commitment to fostering quality, and ethical practice.

Dr Yogender Malik, member of the Ethics and Medical Registration Board and head of the media division at NMC, praised the reforms outlined in the Post-Graduate Medical Education Regulations. BMB

HEALTH TIP: Lactose intolerance is not an allergy so there's no need to exclude dairy but one can eat smaller portions of foods with lactose to avoid symptoms

Try switching your protein intake to breakfast by having eggs or full fat yoghurt

BangaloreMirror | 7
Wednesday, January 10, 2024
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How often should you wash your sheets and towels?

NOT WISHY WASHY

Everyone seems to have a different opinion when it comes to how often towels and bed sheets should be washed. While many people might wonder whether days or weeks is best, in one survey from the United Kingdom, almost half of single men reported not washing their sheets for up to four months at a time.

It's fairly clear that four months is too long to leave it, but what is the ideal frequency?

Bed linen and towels are quite different and so should be washed at different intervals. While every week or two will generally suffice for sheets, towels are best washed every few days.

Anyway, who doesn't love the feeling of a fresh set of sheets or the smell of a newly laundered towel?

Why you should wash towels more often

When you dry yourself, you deposit thousands of skin cells and millions of microbes onto the towel. And because you use your towel to dry yourself after a shower or bath, your towel is regularly damp.

You also deposit a hefty amount of dead skin, microbes, sweat and oils onto your sheets every night. But unless you're a prolific night sweater, your bedding doesn't get wet after a night's sleep.

Towels are also made of a thicker material than sheets and therefore tend to stay damp for longer.

So what is it about the dampness that causes a problem? Wet towels are a breeding ground for bacteria and moulds. Moulds especially love damp environments. Although mould won't necessarily be visible (you would need significant growth to be able to see it) this can lead to an unpleasant smell.

As well as odours, exposure to these microbes in your towels and sheets can cause asthma, allergic skin irritations, or other skin infections.

So what's the ideal frequency?

For bedding, it really depends on factors such as whether you have a bath or shower just before going to bed, or if you fall into bed after a long, sweaty day and have your shower in the morning. You will need to wash your sheets more regularly in the latter case. As a rule of thumb, once a week or every two weeks should be fine.

> **Bed linen, towels should be washed at different intervals. While every week or two may suffice for sheets, towels can be washed every few days**

Towels should ideally be washed more regularly – perhaps every few days – while your facecloth should be cleaned after every use. Because it gets completely wet, it will be wet for a longer time, and retain more skin cells and microbes.

Wash your towels at a high temperature (for example, 65°C) as that will kill many microbes. If you are conscious of saving energy, you can use a lower temperature and add a cup of vinegar to the wash. The vinegar will kill microbes and prevent bad smells from developing.

Clean your washing machine regularly and dry the fold in the rubber after every wash, as this is another place microbes like to grow.

Smelly towels

What if you regularly wash your towels, but they still smell bad? One of the reasons for this pong could be that you've left them in the washing machine too long after the wash. Especially if it was a warm wash cycle, the time they're warm and damp will allow microbes to happily grow. Under lab conditions the number of these bacteria can double every 30 minutes.

It's important to hang your towel out to dry after use and not to leave towels in the washing machine after the cycle has finished. If possible, hang your towels and bedding out in the sun.

That will dry them quickly and thoroughly and will foster that lovely fresh, clean cotton smell. Using a dryer is a good alternative if the weather is bad, but outdoors in the sun is always better if possible.

Also, even if your towel is going to be washed, don't throw a wet towel into the laundry basket, as the damp, dirty towel will be an ideal place for microbes to breed. By the time you get to doing your washing, the towel and the other laundry around it may have acquired a bad smell. And it can be difficult to get your towels smelling fresh again.

What about 'self-cleaning' sheets and towels?

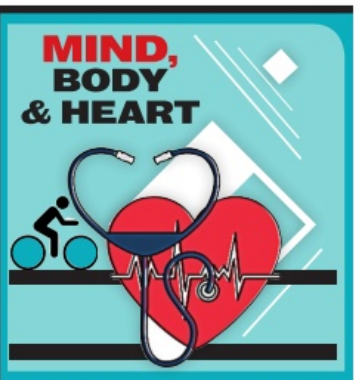
Some companies sell "quick-dry" towels or "self-cleaning" towels and bedding. Quick-dry towels are made from synthetic materials that are weaved in a way to allow them to dry quickly. This would help prevent the growth of microbes and the bad smells that develop when towels are damp for long periods of time.

But the notion of self-cleaning products is more complicated. Most of these products contain nanosilver or copper, antibacterial metals that kill micro-organisms. The antibacterial compounds will stop the growth of bacteria and can be useful to limit smells and reduce the frequency with which you need to clean your sheets and towels.

However, they're not going to remove dirt like oils, skin flakes and sweat. So as much as I would love the idea of sheets and towels that clean themselves, that's not exactly what happens.

Also, excessive use of antimicrobials such as nanosilver can lead to microbes becoming resistant to them.

(By Rietie Venter, University of South Australia, The Conversation)



All you need to know about...

Why love is blind

Hormone euphoria
In a world-first study, a team of Australian scientists investigated the link between the human brain's behavioural activation system (BAS) and romantic love and decoded why "love is blind".
It is well known that romantic love changes the brain, releasing the so-called love hormone oxytocin, responsible for the euphoria we feel when falling in love.

Blame it on brain
Now, researchers from the Australian National University (ANU), University of Canberra and University of South Australia have measured how a part of the brain is responsible for putting our loved one on a pedestal in that first flush of romance.

Study
For the study, published in the journal Behavioural Sciences, the team surveyed 1,556 young adults who identified as being "in love". The survey questions focused on the emotional reaction to their partner, their behaviour around them, and the focus they placed on their loved one above all else.
It turns out that when we are in love, our brain reacts differently. It makes the object of our affections the centre of our lives.

Evolution of love
"We actually know very little about the evolution of romantic love," said Adam Bode, lead researcher and PhD student at ANU.
"As a result, every finding that tells us about romantic love's evolution is an important piece of the puzzle that's just been started. Romantic love emerged about 5 million years ago, after humans split from the great apes, Bode said. "We know the ancient Greeks philosophised about it a lot, recognising it as an amazing as well as traumatic experience. The oldest poem to be recovered was in fact a love poem dated to around 2000 BC," he added. —IANS

Any plan to check garbage burning?

CONTINUED FROM PAGE 1

dumping garbage at vacant sites."

Shobha Bhat of the Usiru Foundation said the burning of garbage is rampant in Annapurneshwari Nagar. "It is frustrating to come across incidents of garbage burning. The burning is taking place in all localities.

The authorities concerned have to take measures to end this menace that not only pollutes the environment but is a health hazard," said Shobha Bhat.

Stating that BBMP authorities, especially those engaged in collecting garbage from door steps, and residents are responsible for garbage woes, Soni Sharma, a resident of Anjana Nagar, said some residents, who could not hand over garbage to pourakarmikas, throw garbage on the side of roads and vacant sites as they could not keep it at their homes.

"The BBMP has to make arrangements to identify such houses that fail to hand over garbage to pourakarmikas. The authorities should question people and penalise if found throwing garbage at open or vacant places," said Sharma.

The National Green Tribunal (NGT) prohibited the burning of waste in open places and announced a penalty of Rs 25,000 in 2016. The Karnataka government issued a notification banning the burning of waste in 2017.

Yet there is no one to prevent the burning of waste, not only in RR Nagar zone but also in Mahadevapura zone and other areas. There are a few incidents of pourakarmikas setting dry waste ablaze due to a lack of awareness.

Bangalore Mirror published a story – Burn after dumping – on October 26, 2023, narrating how around 2,000 people residing at different residential apartment complexes near Varthur Kodi in Whitefield ward have been exposed to potential health and environmental hazards due to burning of all types of waste at nearby vacant spots.

Meanwhile, BBMP solid waste management junior health inspector Sowmya told BM that she would take measures to clear garbage from these spots.

"I will ask BBMP marshals to keep a vigil at open places and vacant sites in RR Nagar to not only prevent dumping of waste but also penalise the people doing it," said Sowmya.

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CHANGE OF NAME

WE, Devaraj Radhakrishnan and Bhuvaneshwary Balaraman, R/a A206, 2nd Floor, SY No 42, Sai Sanvi Grandeur, RM Nagar, Doorvani Nagar Po, B'lore 560016. We have changed our minor daughter's name from Adhya Devaraj to Aadhiya Sree Devaraj. Vide affidavit dated 09-01-24 sworn before notary B. Seshagiri B'lore.

WE, Rajiv Raman and Richa Priya, R/a A-1803, Lake Verandah, House of Hiranandani, Akshay Nagar, Banner ghatta Road, B'lore 560068. We have changed our Minor son's name from Aarav Raman alias Aarav to Rachit Raman. Vide affidavit dated 09/01/2024 sworn before notary B. Sheshagiri B'lore.

I Chandni Kumari W/o Ravi Shankar Singh R/a 307, Motati Maple Apts, Chandra Layout, Marathahalli B'luru-560037 have changed my name to Chandani Kumari vide affidavit dt 09.01.2024, before notary B.M.Chandrashekar

I,MRS Rubina Shanawaz Mother of (Syed Asif Zuhair Arfaan Yusuf Syed) born on (19/08/2013) R/o at (No C-405 Aratt Residency 80ft Road Indiranagar Blore-560038), have changed my Son's name to (Arfaan Yusuf Syed) vide affidavit dated (29/12/2023) at (Bengaluru).

I JOSHITHA D/o Ravishanker Shanmugam R/o, 713, 9th Cross,10th A Main, Indiranagar 2nd Stage, Bengaluru 560038. have changed my name to JOSHITHA RAVISHANKER for all purposes

I, SHANU BEGUM residing at No. 292, Flower Garden 2nd Cross, Near Anjanappa House, Ramaiah Layout, Babusapalya, Bangalore-43 have changed my name to SHANTHAMMA vide affidavit dated 8-01-2024 before Notary Uday Kumar.K. B'lore.

I, Pranav Deshmukh S/o, Dnyaneshwarrao Sukhdeorao Deshmukh R/o Flat No C-509, Grandeur Park, Sorahunase Main Road, Varthur, Bangalore 560087 have changed my name to Pranav Dnyaneshwarrao Deshmukh for all purposes.

I, Ravi Nakka, Nakka Ravi, Ravi Kiran Kumar.N. R/a # 401, Felix Heights, No.68, Panathur, B'lore-560103, have changed my name to Nakka Ravi Kiran Kumar vide affidavit dt 03.01.2024, before notary B.M.Chandrashekar

I, Vasudeva KA R/o NO C 101, Club Meadows, House of Heranandani, Akshaya Gardens, AKSHAYANAGAR, Bengaluru, Pin: 560076, Karnataka, India have changed my name from Vasudeva KA to Vasudev KA.

I, Vinith Wenees Raj S S/o, Paulin Mary R/o #159 5th Cross Nethajnagar K.p Agrahara Binny Mill Road Bangalore-560023 have changed my name to Vinith Wences Raj S for all purposes.

I, (Seema Gandhi) W/O (Dinesh) born on (10/08/1985) residing at (No 290/17 5th cross gokula 1st stage Mathikere blore-560054), have changed my name to (Seema) vide affidavit dated (08/01/2023) at (Bengaluru)

I Maryann Dsouza W/O, Punith Kodamana R/o Sbc Sansu Regency Flat 312 3rd Floor Laxmiyaha Layout Horamavu (opp Honeydew Apartment) have changed my name to Maryann Victor.

I Gopal Munishamappa S/o, Munishamappa R/o, No 2114, 9th Main D Block,sahakara Nagar Bengaluru 560092 have changed my minor son name from Tanush Gopala to Tanush Gopal for all purposes.

I Kalpana Gopala , W/o Gopal Munishamappa , R/o, No 2114, 9th Main D Block, sahakara Nagar Bengaluru 560092 have changed my name to Kalpana Gopal for all purposes.

I Thirupoora Soundri W/O, V R Chandrasekaran R/o No 6, 5th Cross, Sultanpalya Rt Nagar Post Bangalore 560032 have changed my name to Sundari Chandrasekaran.

I Supreet Gurav S/O, Sadashiv Maruti Gurav R/o Sjr Blue Waters Silver County Road Sai Sree Layout Kudlu Bengaluru 560068 have changed my name to Supreet Sadashiv Gurav.

I, MOHAMMAD SAHIR, residing at No.3, 2nd D Main, 5th Cross, 3rd Phase, Gokul 1st Stage, Yeshwanthpur, Bangalore- 560 022 have changed my name to MOHAMMED SHAHIR, vide affidavit dated 08.01.2024 sworn before notary V. Anjanappa, B.lore.

I, MOHAMMED HUSSAIN, S/o. Mohammed Anwar, Residing at No.10, 5th Cross, Karumariyamma Nagar, Venkateshpuram, Bengaluru-560045, have changed my name to MOHAMMED HASSAIN, vide affidavit dated: 09.01.2024 before Notary R. Vishwanath, Bengaluru.

I Vyjayanthi Mylar W/o Vivekananda Sadananda R/o #199 Meenakshi, 9th main , BSK 1st stage B'luru-560050 have changed my name to Vyjayanthi Vivek for all purposes.

I, Yashika D/o, Mukesh Kumar R/o 21/1 Inder Sukh Nivas Rajanna Lane Ganigarpet Bangalore 560002 have changed my name to Yashika M Sanghvi for all purposes.

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Your window to return what is not yours opens on Jan 16

Illegally collected wildlife items to be returned; special cell to be created to ensure speedy disposal of forest land encroachment

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File photo of tusks and pelts seized from poachers put on display by the police in the city

If you have a wildlife article without an ownership certificate, you can surrender the artefacts at your nearest office of Karnataka Forest Department starting January 16. The announcement was made by Karnataka Forest, Environment and Ecology Minister Eshwar Khandre on Tuesday. This after the state government, in a recent cabinet meeting, gave a nod to provide a three-month window to surrender wildlife items to those in illegal possession of wildlife articles.

"Illegal collection of wildlife items such as tiger body parts, leopard claw, deer horn, elephant tusks, hair, etc., is a crime. 30 days was given under Wildlife (Conservation) (Karnataka Rules) in 1973, followed by a six-month window in 2003 to obtain a certificate of possession of wildlife items. However, there are still many who illegally possess these items without declaration, which is a punishable offense. The government has decided to provide another opportunity to surrender these items and avoid getting booked under the Wildlife Act. These items can be returned to the nearest forest department office from January 16, for three months. An acknowledgment receipt will be issued to such people upon the surrender," said Khandre and added that any person found in possession or involved in the trade of wildlife products after the expiry of this period will be prosecuted under the Wildlife Protection Act.

Special team for speedy disposal of encroachment cases

The Minister said that a special cell will be created to ensure speedy disposal of forest land encroachment cases in the state. He also informed that an amount to the tune of Rs 2,000 crore is pending against leased forest land in Kodagu, Chamarajanagar, and other districts. To recover this amount, another special team will be created. The forest land was leased to various companies before independence for growing coffee, tea, and rubber before independence.

"It has been noticed that there are arrears, and it has been decided that a special team under the leadership of BP Ravi, the Principal Secretary of the Environment Department, will be formed to recover this amount. Our state forest area has more than 5500 acres of forest land leased at Rs 2 per acre. As many as seven long-term leases of 99 years were granted to various companies and individuals during British rule. Some leases were renewed before the Forest Protection Act came into force after independence. In 1997, the lease rate was increased by Rs 5,000 per hectare. These companies have not paid the lease for decades," said Khandre.

"If all the lease payments, including interest, compound interest, and penalties are paid by all these companies, the department would get a total amount of more than Rs 2,000 crore. All necessary steps will be taken to recover this amount and to claim back the land on which the lease period has expired," added the Minister.

Midi electric buses to board BMTC fleet

The Bangalore Metropolitan Transport Corporation (BMTC) has invited a tender to induct 120 non-AC midi electric buses through the gross-cost contract (GCC) model. Commuters prior to this often demanded the corporation to use midi buses to provide first and last mile connectivity from interior areas of localities constituting narrow lanes to metro stations and major bus stops.

Recently, the tender has been issued by BMTC to choose a service provider for the purpose of procurement, operation and maintenance of 120 nine-meter non-AC electric buses. These buses spanning 9.2 meter in length, much smaller than the standard bus size of 12 meters, have the ability to accomodate close to 30 passengers. The buses are being introduced under the GCC model as part of the National Clean Air Programme (NCAP) and the State Urban Transport Fund (SUTF) of the Directorate of Urban Land Transport (DULT). The buses will have features such as passenger display boards, CCTV cameras, panic buttons, intelligent transport management systems among others.

The BMTC currently operates 90 non-AC midi buses across city routes, with many acting as metro feeders. In February 2022, after two incidents of midi buses catching on fire in 10 days were reported, the operations were temporarily halted. "A decade ago, we put out a bus manifesto, with one ask being that the BMTC buy midi and mini buses. Glad midi buses are being bought but why not mini buses? Midi buses will also struggle on narrow roads at turnings," noted the Bengaluru Bus Prayanikara Vedike (BBPV).

In their manifesto, BBPV had said, "Bangalore has just 6,600 buses for 58 lakh people. During peak hours, some buses are so crowded that doors cannot be closed. Increasing the number of buses will ensure that reliability increases. The urgent need is to purchase at least 2,000 extra buses including a minimum of 500 midi and mini buses immediately..." — BMB

Trash-free birthday bash: A party pledge to go green

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

A 'Swachh Birthday' event was organised on January 6 at a park in front of Shakti Ganapathi Temple in Ullal, aiming to raise awareness among children and parents about organising eco-friendly events. The activities included seed planting and plogging, attracting parents and their children.

It is a well-known fact that birthday celebrations generate a considerable amount of garbage, the quantity of which depends on the celebrants' status. Shobha Bhat of the Usiru Foundation made an effort to create awareness not only among children but also among parents regarding the importance of ensuring that birthday celebrations are environmentally friendly. Poems were recited to convey the importance of soil, the environment, and cleanliness.

Various games, including treasure hunts and park cleaning, were organised for the children. Parents who attended the event expressed their happiness and desired that their children celebrate birthdays in an eco-friendly manner.

Soni Sharma, a resident of Anjana Nagar, shared her thoughts, saying, "I am very happy to attend the event. I emphasise the importance of creating awareness among parents. It is the parents who hand over garbage to Pourakarmikas. Children can motivate and inspire parents not to throw garbage on the road. The program was useful for parents and children."

Kids at the event learning about waste management

Varna Bhat, who attended the event with her eight-year-old twin daughters, appreciated the organisers for conducting such a useful event. She mentioned, "The organisers ensured picking up garbage in the park as a game. My two daughters were very happy. I have decided to celebrate their birthday in a similar method in November. It is better to create awareness among children on how to manage waste."

Rakesh Ranganathaswamy, another resident, shared that his daughter Kanupriya participated in the event. He explained, "The organisers explained how to manage and segregate waste. They told how the distribution of chocolates during birthday celebrations generates garbage. Now, my daughter has decided not to distribute chocolates to her friends on her birthday, as the distribution of chocolates will generate garbage in the form of chocolate wrappers. She will celebrate her birthday on June 17."

Shobha Bhat of the Usiru Foundation emphasised the need for more people to adopt eco-friendly birthday events. She stated, "People have to think that each birthday is an environment day. A child can live without a mother but not without Mother Earth. We have only one Mother Earth." She expressed her desire to organise similar events at a lake in the future to raise awareness among parents and children about the importance of flora and fauna, and water bodies.

FARNAZ

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Kakuro

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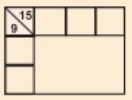
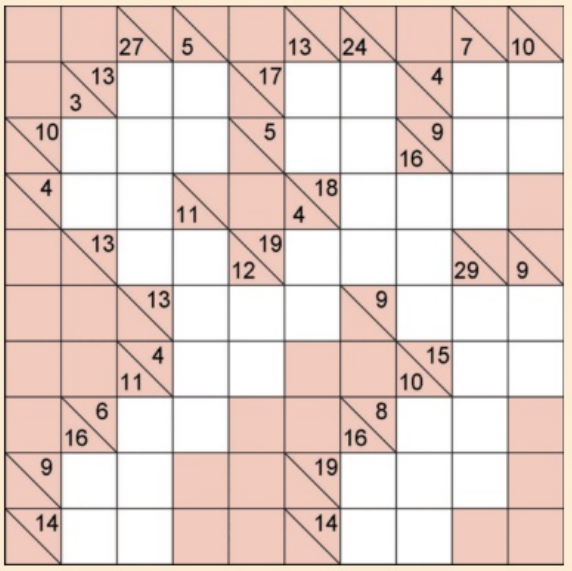
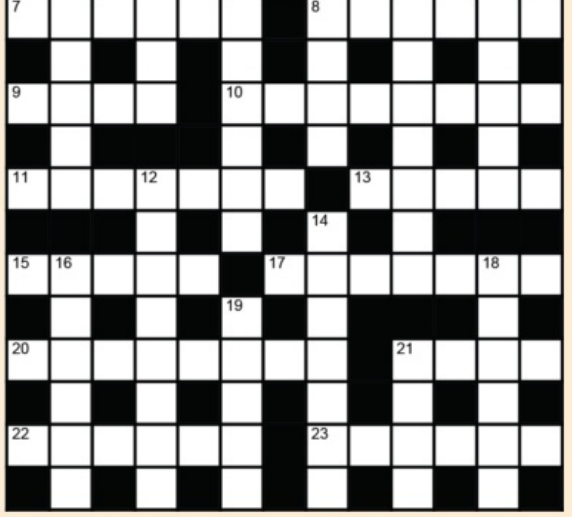


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Not as fresh (6)
8 Insufficient, inadequate or scanty (6)
9 A kind of swelling (4)
10 Cold Spanish soup (8)
11 A former Soviet republic (7)
13 Binding (5)
15 Portion (5)
17 Break up, separate forcibly (7)
20 White metallic element (8)
21 Took to the air (4)
22 Roman philosopher and statesman (6)
23 Praised (6)

DOWN

1 Smitten (6)
2 Paper fastener (4)
3 A bandit or an outlaw (7)
4 Surprise completely (5)
5 Chased (3,5)
6 The Creator in Hindu mythology (6)
12 Air India, Lufthansa, Indigo, etc (8)
14 Two-wheeler (7)
16 Messiah composer? (6)
18 Bits or fragments (6)
19 Gold mines 100 kms out of the city (5)
21 Smoke-duct (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: K EQUALS P

DPR TCX XFM QRR KRFKER OQ DPR TCX XFM DYRCD DPRN, CIV DPR TCX XFM DYRCD DPRN OQ TPCD DPRX ZRUFNR.

Linemaro

I'm not a photographer, but I can picture you and me together

Mindchow

Nothing revives the past so completely as a smell associated with it

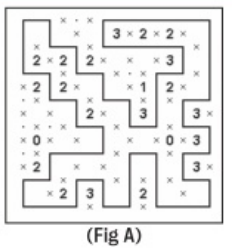
Joke of the day

I believe that women never will be equal to men, that's what I believe. But I think men are catching up in all kinds of ways

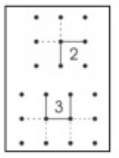
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

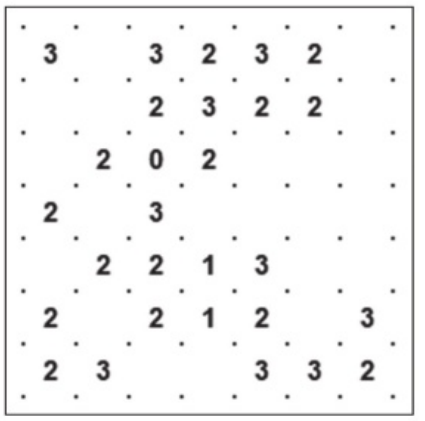


(Fig B) Not Allowed

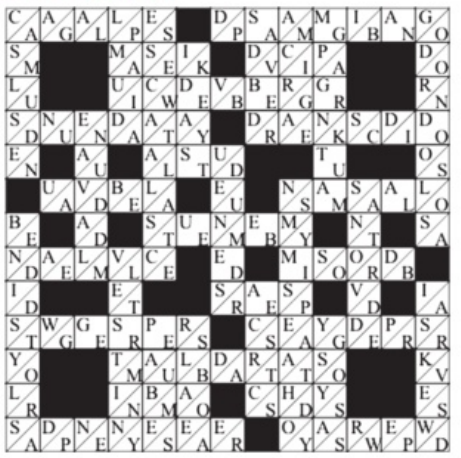
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



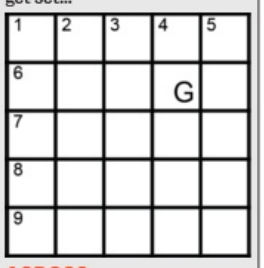
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Luaus; 6 Anger; 7 A glug; 8 Eaten; 9 Years

DOWN

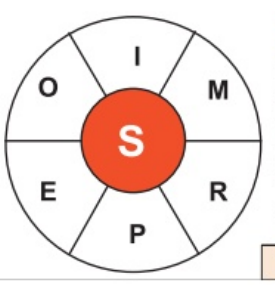
1 Surge; 2 Nasua; 3 NY alu; 4 Age at; 5 Gleer

Mensapuzzle

Multiply the highest odd number in the grid by the lowest even number.

23	24	41
57	92	91
18	16	28
56	21	19

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

14 Average; **16** Good; **18** Outstanding

SudokuChallenge

		6				1		
9			8		5			2
	4		6		2		3	
8	1			4			7	3
2	7			9			6	4
	6		1		7		2	
4			9		8			7
		7				5		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

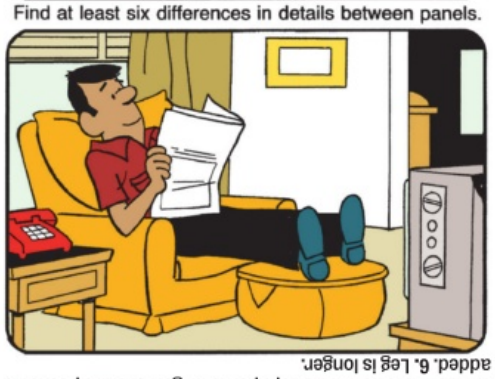
Easy = 6
2 5 5 6

Medium = 25
2 4 5 7

Hard = 2
2 4 6 3

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. TV is larger. 2. Leg of table is moved. 3. Pillow is lower. 4. Newspaper is larger. 5. Shirt pocket is added. 6. Leg is longer.

Riddler

Suppose you're in a hallway lined with 100 closed lockers. You begin by opening every locker. Then you close every second locker. Then you go to every third locker and open it (if it's closed) or close it (if it's open). Let's call this action toggling a locker. Continue toggling every nth locker on pass number n. After 100 passes, where you toggle only locker #100, how many lockers are open?

Alpha triangle

1 Iodine for the chemist
2 Atomic number Seventy Seven
3 Wrath
4 Soft cheese
5 Member of a motorcycle gang
6 Cheat
7 Larger; heavier

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

I MADE UP THIS FLEA COLLAR. MAKE SURE HE WEARS IT DAY AND NIGHT
Yates/Casson
10-7
IF YOU WAIT A MINUTE I'LL MAKE UP ONE FOR THE DOG, TOO

Bizarrotrip

He may be a lousy farmhand, but he makes us look less clichéd.
Wayno & Piraro 10-21-23
XXX
©2023 BIZARRO STUDIOS
BIZARRO.COM
Dist. by King Features

Diamond Lil

Hart of the city

I HOPE THIS TORNADO DOESN'T KILL US ALL. IF IT DOES, YOU WERE A GREAT RIVAL.
PENNSYLVANIA GETS ON AVERAGE ABOUT 16 TORNADOES A YEAR. AND THE COUNTY THAT GETS THEM THE MOST IS SULLIVAN COUNTY, WHICH IS FAR FROM HERE. WE ALSO DON'T NORMALLY GET ANYTHING HIGHER THAN AN F2 ON THE ENHANCED FUJITA SCALE, SO I WOULDN'T WORRY.
OH, AND YOU WERE A GREAT RIVAL TOO.
HEART OF THE CITY © 2023 ABIGAIL HOWELL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

I DON'T KNOW HOW THIS HAPPENED!
ALL I DID WAS THROW A PIZZA BOX ON THE FIRE!
ALTHOUGH THE PIZZA FROM THIS NEW PLACE WAS A LOT GREASIER THAN MONTONI'S USED TO BE!
tombatiuk.com/books
10-20
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon and Mars. You may be enthusiastic and likely to start some innovations in the business, which may grow your business in the near future. You may plan some renovation in the house and office with the help of your creativity. Your network may become strong now.

Taurus Apr 21 – May 20
Today, you may be busy with family matters. You will likely hear some good news from your family members. You may also be busy with kids, planning for their academics, and ensuring their health is under control. You are advised to be polite with the people around you; otherwise, you may face some harsh arguments.

Gemini May 21 – Jun 21
Today, you may be happier, having internal vitality that boosts your self-confidence. You are advised to avoid delays in making decisions regarding finance, profession, and academics. Sometimes, you may face self-respect issues with your spouse, so it's recommended to keep patience to maintain domestic harmony. Lovebirds may go for short trips.

Cancer Jun 22 – July 23
Today is not a good day for you. You may feel dull and dissatisfied in every moment, potentially becoming a victim of a conspiracy. Be careful regarding hidden enemies and opponents. Avoid harsh speech, as it may lead to litigations. It's advisable to refrain from making investments in risky assets.

Leo Jul 24 – Aug 23
Today, you may become happy and enthusiastic, starting a new partnership that could help grow your business. Your dedication towards work may be appreciated by seniors, leading to a possible promotion. Job seekers may expect to find a new job. Singles may find their soul mate with the help of relatives.

Virgo Aug 24 – Sep 23
Today, you may be busy at work, with your focus on your goals being tested. Your patience can help you achieve your goals on time, and your dedication may result in rewards. You may also make investments in fixed assets.

Libra Sep 24 – Oct 22
Today, your destiny may help you find success effortlessly. You may visit some religious places for peace of mind and spend time earning intellectual or occult knowledge. Students may perform well. Singles may find a good match, and lovebirds may make important decisions regarding marriage.

Scorpio Oct 23 – Nov 22
Today, you may feel dull. Be careful of opponents and rivals, and avoid arguments with seniors. Postpone investments in fixed assets as they might turn into dead investments. Lovebirds are advised to avoid discussions on worthless topics to maintain harmony in relationships.

Sagittarius Nov 23 – Dec 22
Today, you may enjoy time with your family, and spend romantic moments with your spouse to boost understanding. Spending on artefacts or household items for house renovation is likely. Enjoy parties and events, but read documents carefully before making any investments in fixed assets.

Capricorn Dec 23 – Jan 20
Today, you may feel happy and energetic, exploring and analyzing yourself. This self-reflection may give you the confidence to face any challenges, making you fearless and courageous. Keep patience in making financial decisions in business. Lovebirds may enjoy their happy moments.

Aquarius Jan 21 – Feb 19
Today is a good day for you; your enthusiasm may be at its peak, so regulate it. Self-analysis may help boost your confidence, increasing your prestige in society. Solve problems through communication skills. Investors are advised to avoid speculation before making investments. Consider planning for higher studies for a good career.

Pisces Feb 20 – Mar 20
Today, you may not be able to enjoy your work and family life. Avoid arrogance and ego with your spouse to maintain emotional bonding. Problems in partnerships may be resolved, and singles are advised not to hurry in making decisions related to marriage. With patience, you may come out of the messy situation.

KIDZONE

Mahalakshmi B, 10 Years, St. Miras High School

Shubham D, 12 Years, Indiranagar Cambridge School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER 10 lockers are left open. Explanation (not for print): lockers #1, 4, 9, 16, 25, 36, 49, 64, 81, and 100. Each of these numbers are perfect squares. This problem is based on the factors of the locker number. Each locker is toggled by each factor; for example, locker #40 is toggled on pass number 1, 2, 4, 5, 8, 10, 20, and 40. That's eight toggles: open–closed–open–closed–open–closed–open–closed. The only way a locker could be left open is if it is toggled an odd number of times. The only numbers with an odd number of factors are the perfect squares. Thus, the perfect squares are left open. For example, locker #25 is toggled on pass number 1, 5, and 25 (three toggles): open–closed–open.

SOLVE IN 1M 5/2×100=250%

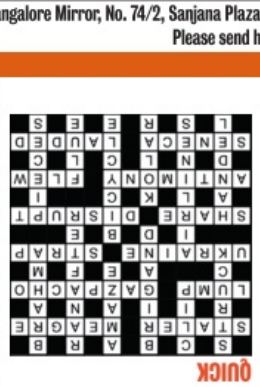
FAST FIVE

S	U	S	A	L
R	A	N	G	E
G	U	L	A	G
E	N	A	T	E
S	A	Y	E	R

STRIKE OUT

A	G	A	P	E	D	A	M	M	I	N	G
M		A	S	K		M	E	A	G	R	E
U		I	C	E	B	E	R	G		N
S	U	N	D	A	Y		R	A	N	C	I	D
E		A		L	S	D				O
U	V	E	A		E		S	M	A	L	L
D	E	L	V	E		E	M	O	O	D	
E		A		T	E	N	B	Y		N	A
I		E		S	A	P		D		A
T	W	E	R	P	S		C	A	G	E	R	S
O		M	U	L	A	T	T	O		K
R		I	B	O		S	H	Y		E
S	P	E	N	S	E	R		Y	A	W	E	D

QUICK



MENSA PUZZLE
1456 (91 × 16)

BULL'S EYE impose, miser, peso, poise, pose, poser, prism, PROMISE, prose, rise, rose, simper, sire, some, sore, sperm, spire, spore

QUOTE UNCODE
The way you see people is the way you treat them, and the way you treat them is what they become.

1	8	7	3	2	4	5	9	6
4	5	2	9	6	8	3	1	7
3	6	9	1	5	7	4	2	8
2	7	3	5	9	1	8	6	4
6	9	4	7	8	3	2	5	1
8	1	5	2	4	6	9	7	3
5	4	8	6	1	2	7	3	9
9	3	1	8	7	5	6	4	2
7	2	6	4	3	9	1	8	5

SUDOKU

ALPHA TRIANGLE
I, Ir, Ire, Brie, Bike, Biker, Bilker.

LOOP

GO FIGURE
Easy
5 + 5 + 2 − 6=6
Medium
4 x 7 − 5 + 2=25
Hard
6 / 2 − 4 + 3=2

KAKURO

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Tribute to cybercrime victims
Actor Sonu Sood, who has stepped into the role of a director for the upcoming movie 'Fateh', has called it a tribute to the youths who have been a victim of cybercrime on various levels

BangaloreMirror | 12
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Entertainment Industry Promotion

Mom, a legend

Khushi Kapoor talks about her mother Sridevi's legacy

Boney Kapoor and the late actress Sridevi's daughter, Khushi Kapoor, have recently made their film debut in Zoya Akhtar's project 'The Archies.' Recently, Khushi Kapoor talked about her mom's legacy. In an interview with Grazia, the actress said she thinks her mother always carried herself with so much poise and elegance, and she would stand tall.

When she'd enter a room, people would just know she'd arrived. And she thinks that's something that she was just mesmerised by. She further stated that's something she can learn how to do, at least a little bit, just to carry herself a little better and hold her head up a little higher because she does tend to be a bit shy and more to herself and guarded at times.

> "She carried herself with so much poise and elegance and she would just stand tall

Talking about the shooting days for 'The Archies', Khushi said that when they started, none of them knew anything, and they were all so fresh. Even though she has been on set when visiting her mother or her sister, being on set for her film was a completely different experience. From the first day of the shoot to the last day, she felt like she had so much more knowledge about small, minute details that she wasn't aware of earlier.

There are so many technicalities that you pick up while filming that are so innate to the process.

'The Archies' also marked the debut of Shah Rukh Khan's daughter Suhana and Amitabh Bachchan's grandson Agastya Nanda.

It is an Indian adaptation of the American comics based in the fictional town of Riverdale.

—ETimes

Rashid Khan: July 1, 1968-January 9, 2024

His legacy endures

Hindustani classical maestro gone too soon

Ustad Rashid Khan left an enduring legacy with his soul-stirring notes, his melodious voice echoing through time and leaving an indelible imprint on the rich heritage of Hindustani music.

Rashid Khan, aged 55, passed away on Tuesday after battling cancer for over four years. He is survived by his son, two daughters, and wife.

Possibly the last living legend of Rampur Sahaswan gayaki (style of singing), Rashid Khan was recognised as the 31st generation of Sangeet Samrat Mian Tansen, as detailed on his official website.

Known for his mastery in the 'Vilambit Khayal' gayaki, he captivated millions of Hindustani vocal classical music enthusiasts for more than three decades.

Born in Badayun, Uttar Pradesh, Rashid Khan's initial training was under his maternal grand-uncle, Ustad Nissar Hussain Khan. In April 1980, he relocated to Kolkata at the age of 10 when Nissar Hussain Khan moved there with his grandfather. Rashid Khan's debut concert took place when he was just 11, and by 1994, he had gained recognition.

Deeply influenced by Hindustani classical music from an early age, Rashid Khan commenced his music lessons under the guidance of his grandparent, Inayat Hussain Khan.

Rashid Khan weaves together a narrative deeply influenced by maestros such as Ustad Amir Khan and Pandit Bhimsen Joshi. Proficient in the art of the tarana, much like his guru Nissar Hussain, he infused his renditions with a distinctive personal touch.

Rashid Khan also showcased his proficiency in playback music, contributing to blockbusters such as "My Name is Khan," "Jab We Met," "Isaaq," "Manto," "Mausam," "Bapi Bari Ja," "Kadambari," and "Mitin Masi."

—PTI

Method acting, a luxury

Actress Natalie Portman has described method acting as a luxury that women cannot afford, and said that she never attempted it to fulfill her duties as a wife and mother.

The 42-year-old actress has carved out a successful career in Hollywood since starting out in show business as a child and has even won an Academy Award but does not feel that as a woman she is able to fully immerse herself within character by actually living as them because of the other duties she is expected to fulfill within life as a wife and a mother.

She told The WSJ, "I've gotten very into roles, but I think it's honestly a luxury that women can't afford. I don't think children or partners would be understanding of, you know, me making everyone call me 'Jackie Kennedy' all the time."

The 'Black Swan' star added that no matter the class status of a woman, all females are "united" by the notion that they are perpetually "limited" by society when it comes to their destiny and how they can fulfil it, noting that every story about a woman is about her trying to "break free" of that convention.

—IANS

Mahira's tribute to 'style icon'

Pakistani actress Mahira Khan paid a tribute to late Indian star Parveen Babi and talked about how she was left impressed with the veteran diva's Time magazine cover that she went on to watch her films.

The actress took to her Instagram stories, where she shared a string of videos and photos from the shoot. She is seen in a shimmery rani pink saree and had her haircut resembling the late star. She also shared that it was difficult for her since she was still recovering from her multiple fractures in the foot.

Mahira's Instagram story also features an interview clip of the Pakistani star in which she is seen talking about how she got inspired from Parveen Babi.

"I remember seeing this Time magazine cover and it had the gorgeous Parveen Babi on it. It's because of that cover that I actually watched her films. Some of her songs I just love. She was so beautiful, such a style icon," she said. In another video, she is seen in a silver kurta outfit, standing in front of a giant screen with Parveen Babi's songs playing on it.

—IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

First look revealed

Encouraged with the success of his maiden Kannada movie Iruvudellava Bittu, director Kantha Kannahalli has embarked on his second movie Life Today. Actor Dhruva Sarja launched the first look and title of the movie on Thursday while veteran director Mahendar sounded the clap board for the muhurat shot.

"Iruvudella Bittu received rave reviews from critics and bagged a state award for Meghana Raj. I am very happy with its success at the box office. Now, I am making preparations to handle the megaphone for my second movie. It belongs to the family and love genre. It will reflect people's perception on love in our present society," said Kannahalli.

The director said the movie's shooting will be completed in 45 days. Kiran Anand is making his debut as a hero and Lekha Chandra is paired opposite him.

It's a wrap

The shooting of Bhuvanam Gaganam wrapped up at Hesaraghatta a few days ago. A huge set was put up for the final schedule of the shooting. The movie went on floors in July 2022. Pramod plays one of the leads while Pruthvi Ambar plays another lead.

"My portion of the shooting was over in October. The movie has come out well. Its screenplay is excellent. I thank producer M Munegowda for making arrangements to put up a huge set here. He has a passion towards movies. I play a stylish lover boy in the movie," said Pramod.

On the occasion, Pruthvi Ambar wished all the best to producer Munegowda. "He has provided everything as per the script of the movie. I play an important character in the movie," said Pruthvi.

According to producer M Munegowda, the journey of Bhuvanam Gaganam began one-and-half years ago and its shooting was held for 75 days. "The shooting of the movie was held in Mysuru, Haveri, Kudremukh, Kalasa, Kanyakumari, and Bengaluru. It was wrapped up at Bannerghatta," the producer said.